

Sample Wellness Committee Role

Adapt this description of a wellness committee member to suit the purposes of your work. It provides a good description of the role Concordia College views its employee wellness committee members, whom they called ambassadors.

Wellness Ambassador Description

Purpose: Wellness ambassadors serve a vital role in supporting the promotion of health and wellness among the organization and to its employees. Wellness ambassadors serve as an extension of the wellness committee and key communicators of the wellness program helping to direct employees to wellness programs, activities, and resources.

This role is ideal for those who see value in promoting the activities and mission of the wellness team but who may not be able to participate in its planning meetings.

Role:

- Share and publicize wellness activities, programs, and resources during departmental, staff or huddle meetings
- Recruit employees/staff to participate in wellness programs and activities
- Participate in wellness programs and activities
- Identify potential ideas, strategies, and programs for enhancing wellness and health culture/work environment

Time Commitment: Minimal (1 hour per month)

The Wellness Team will provide guidance, direction, consultation, and information to the Wellness Ambassadors.

Adapted from Concordia College, MN

